

JUN 25 1924 ✓

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" Strengthening our nation" ✓

Written and Directed

BY

Dr. M. G. Slaughter ✓

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1924

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" S T R E N G T H E N I N G O U R N A T I O N . "

Written and Directed

BY

Dr. M. Gertrude Slaughter. ✓

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FIRST REEL.

"STRENGTHENING OUR NATION"

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BABY DAYS

Title

Friends----here is Gloria Maria O'Day.

(scene)

Emaciated Baby.

Title

Six weeks old and starving because her Mother said:--

" her milk did not agree with the baby".

(scene)

Close up of emaciated baby.

Title

A good neighbor brought Mother and Baby to a free Health Center in a town nearby.

(scene)

Same scene--distant view and Doctor examining it.

Title

At the Health Center a special room is set apart, as a Clinic for really sick babies, so they will not endanger the well ones.

(scene)

Women and Babies in waiting room of a Health Center.

Title

Gloria's Mother was shown how to prepare cow's milk for extra feedings.

(scene) Nurse showing Mother how to prepare Milk.

Title Mother's milk is Babies Food-----Cow's milk is Calves' food.
If it must be given to a baby it should be prepared in just
the right way.

(scene) A continuation of teaching how to prepare milk.

Title And a little orange juice is given every day.

(scene) Giving instructions on how to give Orange juice.

Title Soon the Baby gained---grew well and happy, sleeping after
its morning bath and feeding until the next feeding time.

(scene) Washing face (bathing scene)
Cleansing nose and ears.
Scalp and Body bathed in tub.

continued with

Feeding ---Nurse holding Baby.

Title The Baby sleeps with fresh air in the room from 10 P.M. to
6 A.M. while the tired Father and Mother rest too.

(scene) Baby --sleeping in Crib.

Title Two months later Gloria Maria was still alive.

(scene) Close up of same baby, on table, in improved condition.

Title Yes it's really Gloria, almost up to the right weight for her age.

(scene) Close up of same baby.

Title Four months more Gloria's Mother followed the Health Doctors advice
and when the Baby was eight months old she came back for her
picture---- and a flirtation.

(scene) Baby in perfect health --distant view

Close up of same Baby.

Title Every Month her Mother brings her to the Health Center to be examined and to have her feedings changed as needed.

(scene) Doctor examining Baby.

Title The scales tell the story of her steady gain.

(scene) Baby being weighed.
Close up of Baby being weighed.

Title Mother's milk is Baby's natural food.

(scene) Mother nursing Baby.

Title Breast-fed Babies like these, are almost always the healthiest and best-looking.

(scene) Group of perfect babies.

Title Most children who are under-weight seem perfectly well.

(scene) Group of under-weight babies.

Title But these are the ones who easily take the catching diseases, which so often weaken you for life or end in death.

(scene) same scene continued.

Title The health of your Baby is begun before it is born. Right living for the expectant Mother is of the greatest importance.

(scene) Doctor instructing Mother on right living.

Title As soon as she suspects, she should go to her Doctor or to a Public Health Center for a general examination.

(scene) Close up of Doctor taking blood pressure.

Title Taking her blood Pressure which is part of the general examination.

(scene) Same scene continuation of close up.

Title She is shown the right kind of clothing to buy, how to make the clothes and care for them.

(scene) Showing Mother Baby layette.

Title Almost everywhere there ~~are~~^{are} classes for midwives, so they can be certain to learn the correct things to do.

(scene) Classes of White midwives being instructed --how to care for babies and how to care for Mother.

Title They should know especially how to prevent blindness at birth, where most blindness begins.

(scene) Close up of nurse showing how to put drops in Baby's eyes.

Title No expectant Mother should allow an untrained or unlicensed Midwife to attend her.

(scene) Continuation of same scene.

Title After birth both Mother and Baby need the right care. For this there should be a Public Health Nurse within call.

(scene) Public Nurse taking care of Mother in her home.

Title The nurse makes free visits to all who need her and is ^{paid} by the State or County. Also she assists at the Free Health Center.

(scene) Continuation of same scene.

Title Your State is proud of its babies. See that your Baby's birth is registered.

Title It is not fair to the older children to keep them from School to act as nurses. And it isn't fair to the babies.

(scene) Group of Children on steps. Old child taking care of younger ones

Title Nowadays most wide-awake places have a free day Nursery, where Mothers who work out may leave their babies in care of trained nurses.

(scene) Interior of Day Nursery. Children at play.

(scene) Small children in crib at play with toys.

Title They are kept clean, protected and rightly fed, and thus learn good health habits.

(scene) Same scene continued.

Title The nurse oversees their play--indoors and out.

(scene) Children playing ~~out of~~ⁱⁿ doors.

(scene) Children playing out of doors.

Title They learn to wash hands and face before meals.

(scene) Children washing hands.

(scene) Children at lunch
Close up of Children at lunch.

Title And to brush their teeth afterwards, because clean teeth help to keep sound teeth and these aid the general health.

(scene) Children scrubbing teeth.

(scene) Happy baby playing in crib.

{ TITLE. "Me too"
Scenc. Little colored boy on teddy
with bottle of milk

Title If Babies are properly fed and are well, they are always happy.
Will you do your share to see that all babies are happy?

(scene) Another Baby playing in Crib.

Title A dollar a year for each person would give full protection to the health of all the women and children of your district.

END OF FIRST REEL.

SECOND REEL

" STRENGTHENING OUR NATION "

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"School Time Troubles"

Title Your school funds are being wasted if your children are not able to learn AND

Title Enormous numbers of school children are under weight, have bad teeth or inflamed tonsils that are poisoning their blood, or have poor eyesight. With these ailments they cannot learn well

(scene) Near-sighted boy squinting at Blackboard.

Title Watch this boy straining his eyes to read the words on the ~~black~~ blackboard. There are thousands like him.

(scene) Same scene repeated.

Title Could you learn if the words looked like this to you?

(scene) Blackboard out of focus.

(scene) Continue scene boy squinting at blackboard.

Title His eyes were tested and his sight proved only one third as good as it should be. So they fitted him with glasses.

(scene) Boy with glasses on

(scene) Class room with ~~with children~~ ~~blackboard~~ children facing blackboard

Title See how much brighter he looks! And his next report card was wonderful.

(scene) Boy fitted with glasses.

Title And here is an interesting group out of one small school. Do you notice the same expression on all of the faces?

(scene) Boys with adenoids---adenoid faces.

Title This mouth-breathing and dull look is caused by enlarged tonsils and adenoids, a trouble that makes study difficult. They will all be handsome and good students when these defects are corrected.

(scene) Continuation of boys with adenoid faces.

Title One American child of every three is under-weight. He may be active and not really sick, but it is harder for him to learn and easier for him to take the communicable diseases.

(scene) Undernourished boy with poor posture.

Second Reel.

Title A simple change of foods and cooking will make him better looking and let him catch up with his class.

Scene Same scene continued.

Title To find these three kinds of troubles and any others, most Schools now have regular Health Examinations, so that our Children need not be handicapped as we often are.

Scene Children being weighed in School.

Title These Schools have scales and children are weighed once a month. When they don't gain there is something wrong somewhere.

Scene Taking height of children

Title Their eyes are tested when they enter and every year or so after to find out if there is eyestrain.

Scene Nurse~~s~~ testing Children's eyes.

Title Testing each eye separately.

Scene Close up of nurse testing child's eye separately.

Title The Public Health Doctor give them a thorough going over and reports to the parents what needs to be done.

Scene Doctor giving entire health examination to boy.

Title Another way of keeping School Children well is daily inspection by the Teacher.

Scene Teacher inquiring of children whether they brushed their teeth

Title How many of you have brushed your teeth this morning?

Scene All Children raise their hands.

Title The children who are listless, drooping or feverish are sent home with word that they had better be taken to the family doctor.

Scene Teacher examining School Children.

Scene Close up of Teacher finding that Child appears ill.

Title Even ~~such~~ mild symptoms may precede a catching or other serious disease. So the Children are protected and a great deal of suffering and money may be saved.

Scene Sick Child leaving room

Title The Public Health Nurse calls at the home of those with more serious defects---rich and poor alike--- and explains fully. Then it is up to the Parents.

Second Reel.

Scene Distant scene of Nurse call at home of parents.

Title The Public Health Service is doing its best to give you the facts. Here are the Chief things you should know about correcting defects.

Title Enlarged Tonsils and adenoids are removed by a safe and simple operation. An actual scene-----

Scene Operating room with boy on table.

Scene Close up of boy smiling after taking some Ether

Title "That's no so bad"

Scene Continuation of same scene.

Title This same plucky youngster a day or two afterwards. The defect had weakened his heart but in a few weeks he was playing Ball again.

Scene Same boy eating an Icecream Cone.

Title ~~Another boy with diseased tonsils and adenoids before the operation~~

Scene ~~Small boy with dull expression.~~

Title And after-----looking and acting like a different child.

Scene Same boy a year later bright and happy.

Title He had not been promoted for two years but made it all up in one. Make sure your children are given the same chance.

Scene Continuation of same scene

Title Proper glasses fitted early in life may restore strong sight and prevent serious eye-sight trouble later.

Scene Oculist fitting glasses
Close-up of girl

Title Dirty, rotting teeth make fine breeding places for disease, germs and cause much ill-health.

Scene Dentist filling teeth.

Title ~~But~~ First teeth should be treated or filled as carefully as the second---not pulled. This care helps the second teeth to come in strong.

Scene Close up of same.

Title Science has made it plain that right eating is a principle source of health but has upset a lot of things we thought were all right.

Scene Cooking class in school.

Second Reel.

Title Any housewife can learn what the girls are taught in hundreds of school cooking classes about feeding the family for health. For example----

Scene Continuation of same----

~~Title~~

Title A good breakfast for young or old-- a cereal with Cream, Toast and Egg.

Scene Breakfast Tray--Cup of Cocoa.

Title Something much better than Coffee or Tea.

Title And Fade in Cocoa with cup of coa.

Title Cheaper and Better than Medicine--Fruit, which children should eat every day.

Scene Children eating fresh fruit.

Title If you can't get fresh fruit buy dried. It is better for Children than pie or cake.

Scene High School girls with saucers of dried fruit-- Saucer of Prunes

Title A useful hint-- If prunes are soaked 24 hours, then let simmer a whole day they need no sugar.

Scene Same as above.

Title Oatmeal makes children strong. Use plenty of milk on the oatmeal or cook the oatmeal in Milk.

Scene School girl dishing out Oatmeal
Closeup of dish of oatmeal.

Title ~~END OF SECOND REEL--THIRD REEL CONTINUOUS WITH SECOND.~~
A good dinner includes some of each needed food; Meat or fish (small piece) for building muscle. A green or leafy Vegetable for growth. Potatoes or Rice for energy. Crusty Raised Bread with Butter filling the holes, One small dessert --for Fun.

Scene Girl eating Dinner.

Title For Supper: Bread and Butter with a glass of Milk and fruit or cereals and fruit is good or bread and milk and fruit.

Scene Girls eating supper.

Title Her Health-dinner includes no fried foods, which are never good for growing children.

Scene Close up of girl eating.

Title For more health meals write to your State Department of Health.

Scene Teacher showing Health poster in schools.

Title And now one more question---- Suppose your Children are in full vigorous health. Is their school all right for keeping them that Way?

Scene Old Schoolhouse

Title A schooling is worthless if your child's health is ruined in getting it. The School itself is sometimes to blame for much health trouble.

Scene A dilapidated school building.
Interior of an old school room.

Title Bad ventilation, poor lighting and bad seating are the commonest defects of classrooms and their effects may be disastrous.

Scene Continuation of same scene as above.

Title Desks too low for the seats mean cramped lungs and sometimes deformities of the spine that last a lifetime. Study this boy's position.

Scene Interior of classroom --boy stooping over desk.

Title Many modern schools have desks that can be raised or lowered to fit the pupil and make him sit straight.

Scene Same scene as above boy adjusting desk to fit height of his body.

Title Now see how comfortable he is with the desk properly adjusted

Scene Same scene as above boy properly seated.

Title The new kind of school is large because it take the place of three or four little ones. A free bus service brings the children in.

Scene Exterior of new type school building.

Scene Interior of Modern School.

Title These schools have well ventilated rooms with the light coming from the back and left side.

Scene Continuation of interior of modern schools.

Title For children with weak eyes there is a sight saving class, where print and writing ^{is} ~~are~~ extra large.

Scene Sight saving class.

Scene Front view of sight saving class

Title In school they learn to keep their teeth clean.

Scene Tooth Brush drill.

Title Proper nourishment makes teeth strong and cleanliness keeps their
Teeth from decay.

Scene Continuation of above scene

Title Children working in school all day need something hot with their
lunch. Many schools provide a bowl of soup or cup of cocoa.

Scene: Children having bowl of soup with their lunch.

Scene Close-up of children with bowl of soup.

Title For the under-weights--- a half-pint of milk at recess. It works wond-
ers.

Scene Children taking milk after recess.

Scene Close up of boys with bottles of milk.

~~Title~~ ~~"See how".~~

~~Scene~~ ~~Colored boy with bottle of milk.~~

Title For most Children there's only a dry sandwich and a drink of water,
not always fresh or pure.

Scene Children eating sandwiches and drinking stale water out of tank.

Scene Close up of girl drinking out of her hand.

Title Father and Mother how would you like a dry sandwich and a drink of
water after a hard morning's work?

Scene ~~Distant/Scene~~ Distant scene of children eating dry lunch

Title And after school, for the under-weights especially a nap. For
Rest is a great body-builder. They gain while they sleep.

Scene Little ^{girl} ~~boy~~ taking nap.

Title All these things have been proved a thousand times. In McComb,
Mississippi the record was so remarkable that the whole town cele-
brated.

Scene Health parade

Title Two hundred children who had defects reached their 100 per cent health
standard in one month and here they are----

Scene Floats of 100 per cent children.

Title Frank Campbell and Daphne Herring, chosen Price and Princess because
they clas ed as perfect, both physically and mentally.

Scene	Close view of Price and Princess--the 100 percent perfect Children
Title	After their parents had the defects corrected that were found by the Health Doctor
Scene	Continuation same as above scene
Title	The Public School-- the Melting Pot
Scene	High School Children in melting pot-adding first grades.
Title	It is the duty of all of us to see that our schools turn out only healthy- active minded citizens.
Title	Doctors now know that neglect of health in childhood was what made one man in three unfit for service--to fight for his Country in the World War.
Scene-	Scene of Flag.
Title	There is no business yielding bigger profits than the business of health protection, especially of our children. Is your Country doing all it can?

THE END.

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